

20 DAY SELF LOVE CHALLENGE



1 Stretch for 10 minutes	2 Go for a walk	3 Watch a movie	4 Tidy up your favourite space	5 Buy yourself flowers
6 Go to bed early	7 List 3 things you love about yourself	8 Take a break from social media	9 Do something you love	10 Eat your favourite breakfast
11 Take a bath	12 Write a positive note on your mirror	13 List 3 things you're grateful for	14 Listen to your favourite music	15 Start the day with 5 minutes meditation
16 Do something that makes you laugh	17 Enjoy your favourite dessert	18 Compliment yourself during the day	19 Light a candle	20 Write a letter to your future self

